

2001 California Dietary Practices Survey

Table 100: Main Reasons Californians are Eating Less Fat

Question: *What is the main reason you eat less fat?*

Base: *People who say they are currently eating less fat*

	Percent Agreeing				
	Weight Reduction	Reduce Risk of Disease	Trying to Eat Healthier Foods	Medical Reasons	Other
Total	35	19	14	17	15
Sex					
Males	31	22	15	18	15
Females	38	17	13	16	15
Males					
18 - 24	25	17	22	9	27 ***
25 - 34	38	18	13	14	17
35 - 50	32	24	20	16	9
51 - 64	32	23	2	35	7
65+	20	24	13	21	21
Females					
18 - 24	48	3	21	9	19 *
25 - 34	45	18	12	9	16
35 - 50	40	20	12	16	12
51 - 64	36	20	13	18	14
65+	24	18	12	26	20
Ethnicity					
White	36	15	16	17	16 **
Hispanic	31	29	9	16	15
Black	32	18	12	28	11
Asian/ Pacific Islander	30	29	18	13	11
Education					
Less than high school	26	29	5	23	17 *
High school graduate	36	18	12	16	18
Some college	37	18	14	17	14
College graduate	36	18	17	15	13
Income					
Less than \$15,000	29	23	11	21	16
\$15,000 - 24,999	35	15	12	20	18
\$25,000 - 34,999	35	27	12	15	11
\$35,000 - 49,999	37	20	16	12	15
\$50,000+	37	16	18	16	13
Physically Active					
Did not meet recommendations	36	18	11	20	15 *
Met recommendations	33	20	17	14	15
Overweight Status					
Overweight/Obese	36	23	13	19	10 **
Not overweight	34	17	15	14	19

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi square test:

* p<.05

** p<.01

*** p<.001